

AMBASSADOR QUARTERLY

Greetings and Welcome to the Ambassador Quarterly!

The Centers for Disease Control and Prevention (CDC), has determined that leadership is a pivotal element in ensuring the success of a workplace wellness program. As a COB Wellness Ambassador, you lead the effort by example - “walking the talk”. A commitment in support and communication underscores the goal of the City-wide program which is to create a work environment that encourages and supports the values associated with healthy lifestyle choices, while improving employee health and positively impacting medical costs. As you review this second edition of the Quarterly, kindly jot down any questions or suggestions you may have and submit them to the City’s Wellness Manager, Lisa Evans at Lisa.Evans@BaltimoreCity.Gov. Thank you for your support.

Quarter in Review

B-More WELL Champ; Tagline Competition

We now have a tagline to accompany the recently adopted logo. “Be Well. Be Fit. Be More.” The program colors were chosen by the Wellness Champions in allegiance to our home teams, the Baltimore Ravens and the Baltimore Orioles.



WalkingWork; Challenge

The City partnered with CareFirst on a motivational 10-week walking challenge to increase physical activity. 128 people participated in 4-person teams. Teams competed against each other in a virtual 2,800 mile cross country journey from the Washington Monument to the Golden Gate Bridge. Collectively, our employees logged over 27,000 miles! The celebration event featuring Lynne Brick from Brick Bodies was held on January 9th. All teams were recognized and presented with certificates. **Agency Ambassador Awards for outstanding team participation were presented to Ambassadors Ernest Burkeen, BCRP, Al Foxx, DPW, and Peter Little, BCPA.**

Cold Turkey NO SMOKING CHALLENGE

In support of November’s “Great American SmokeOut Month” and National Lung Cancer and Pancreatic Cancer Awareness month we challenged employees to take the “No Smoking Pledge” by providing helpful kits. **A total of 30 No-Smoking kits were requested from City agency employees.**

What’s going on now?

▶ The 2014 COB Wellness calendar has been developed in conjunction with National Wellness events. All events will support the City’s Top Diagnoses. The full calendar may be accessed at http://cob/PERSONNEL/COB_Wellness_Events-2014.pdf.

The finalized calendar of events will be shared via multiple communications channels to ensure our workforce is aware of all the free events and activities they can participate in throughout the City in 2014!

▶ In collaboration with the Health Insurance Committee, the Mayor’s Wellness taskforce is finalizing the scope of work for the Wellness & Disease management vendor solicitation. Publication is anticipated in early 2014.

▶ DHR partnered with the Health Department to roll out a free 7-week smoking cessation program for City employees. The sessions began January 29 and run through March 12. Weekly meetings are held Wednesdays at 4:45 at the Dept. of Aging, located at 417 E. Fayette Street.

▶ DHR is conducting outreach for targeted agency specific activities because we recognize that there is not a “one size fits all” approach to running a successful wellness program.

2nd Quarter
Agency Specific Wellness Information

	# of Events	Participation	
		City Wide	Your Agency
Wellness Event & Participation:	6	70	*TBD
Your Agency Wellness Champion:** (Champion’s Name)			
Monthly Champion Meeting Dates:			
Meeting Date:	10/24/13	11/22/13	12/6/13
Champion(s) Attended ?:			
	No	No	No

* As the program matures, your agencies wellness event participation will be provided here.

** If a Wellness Champion is not listed, please designate a representative(s) for your agency. DHR will contact you for your designee within the next week.

Reminders & Things To Do . . .

- The Wellness Program needs your support. **Get involved. Promote Wellness at your agency.**
- All Wellness events are free and open to all Baltimore City Employees.
- Ensure that your agency’s Wellness Champion(s) **attend meetings and partners** with DHR on wellness activities.
- Meet with your Champion(s) monthly to empower and support them in planning and organizing Wellness efforts within your agency.
- Attend Wellness events to demonstrate your support.
- Watch for the weekly Wellness eBlast. Encourage agency employees to participate in Wellness activities and events.

